

Curriculum Information Sheets

Curriculum Information Sheets are available for the following curricula approved by TPPI for implementation in Adolescent Pregnancy Prevention Programs.

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Becoming A Responsible Teen (BART)

Program Description and Overview

Becoming a Responsible Teen (BART) is an HIV prevention curriculum provided in non-school, community-based settings. It includes interactive group discussions and role plays. Teens learn to "spread the word" to their friends about HIV risks. They are encouraged to practice skills outside the group and share the results. The group provides creative solutions to reported problems.

Although the focus of *Becoming a Responsible Teen* is HIV/AIDS prevention, the curriculum includes topics and activities relevant to teen pregnancy prevention. Teens learn to clarify their own values about sexual decisions and pressures as well as practice skills to reduce sexual risk-taking. These include correct condom use, assertive communication, refusal techniques, self-management, and problem solving. Also, abstinence is woven throughout the curriculum and is discussed as the best way to prevent HIV infection and pregnancy.

Implementation Highlights

- 8 session program in which participants meet once a week for 90-120 minutes.
- Girls and boys are separated by gender when focusing on skill development.
- Two co-leaders, one male and one female, should facilitate the classes.
- Each *BART* implementation group should include 5–15 youth participants.

Target Population

The curriculum is designed primarily for African-American ages 14–18 or in grades 9–12.

Potential additional target populations noted by developers

BART can also be implemented with middle school aged participants.

Program Setting

The curriculum is designed for an after-school or non-school setting.

Program Duration

- All 8 classes should be taught in sequence, once a week, for 8 weeks.
- Classes should last 90 to 120 minutes.
- The classes should be taught so that most youth attend most classes.

Curriculum Materials

Curriculum materials are available from ETR Associates at <http://www.etr.org/pub>. For detailed information on this program, click the following link: [Becoming a Responsible Teen](#).

Adaptations

There are basic allowable adaptations; however you must have prior approval from your TPPI Program Consultant before implementing.

¡Cuidate! (Take Care of Yourself)

Program Description and Overview

“¡Cuidate! (Take Care of Yourself)” is a culturally tailored program designed specifically for Latino youth. The program is an adaptation of the Be Proud! Be Responsible! program. *¡Cuidate!* emphasizes Latino cultural beliefs to frame abstinence and condom use as culturally accepted and effective way to prevent unwanted pregnancy and sexually transmitted diseases, including HIV/AIDS. The focus of *¡Cuidate!* is to increase each participant’s skill level and self-efficacy in communicating and negotiating with sexual partners about abstinence and condom use. The program also helps teens develop the technical skills they need for correct condom use. *¡Cuidate!* provides important information about the causes, diagnosis, transmission, and prevention of HIV and STDs, as well as the risk of HIV infection for Latino youth.

Implementation Highlights

- Six 60 minute modules delivered
- Small mixed gender groups of 6 to 10 participants
- Language in which sessions are conducted (English or Spanish)

Target Population

The curriculum is designed primarily for Latino youth ages 13 to 18.

Potential additional target populations noted by developers

Middle and high school youth in grades 7 to 12.

Program Setting

Saturday program serving neighborhoods.

Youth recruited from community-based organizations and school.

Program Duration

- All 8 classes should be taught in sequence, once a week for 8 weeks.
- Classes should last 90 to 120 minutes.
- The classes should be taught so that most youth attend most classes.

Curriculum Materials

Curriculum materials are available from Select Media at <http://selectmedia.org/customer-service/evidence-based-curricula/cuidate/>. For detailed information on this program, click the following link: [¡Cuidate! \(Take Care of Yourself\)](#)

Adaptations

There are basic allowable adaptations; however you must have prior approval from your TPPI Program Consultant before implementing.

Making Proud Choices! (MPC!)

Program Description and Overview

Making Proud Choices! A Safer Sex Approach to STDs, Teen Pregnancy, and HIV Prevention is an eight-module curriculum that provides young adolescents with the knowledge, confidence, and skills necessary to reduce their risk of sexually transmitted diseases (STDs), HIV, and pregnancy by abstaining from sex or using condoms if they choose to have sex. It is based on cognitive behavioral theories, focus groups, and the researchers' extensive experience working with youth.

Implementation Highlights

- Eight-session program (60 minutes each)
- All curriculum activities must be completed in order
- Delivery of intervention must be highly participatory

Target Population

The curriculum is designed primarily for African-American youth ages 11-13.

Potential additional target populations noted by developers

Use of the model in other ethnic or racial groups is allowable.

Use of the model with older teens is allowable; however, older teens should not be grouped with younger teens. The developers recommend dividing youth into groups into similar age.

Program Setting

The curriculum is designed for during school hours, after-school or non-school setting and was evaluated in schools on consecutive Saturdays.

Program Duration

- All 8 classes should be taught.
- The eight-hour intervention may be delivered in different ways, such as 2 modules per day over 4 days or 1 module per day over 8 days. The developer recommends that the entire intervention be completed within 2 weeks if possible.

Curriculum Materials

Curriculum materials are available from Select Media at <http://www.selectmedia.org/customer-service/evidence-based-curricula/making-proud-choices/>. For detailed information on this program, click the following link: [Making Proud Choices](#).

Adaptations

There are basic allowable adaptations; however you must have prior approval from your TPPI Program Consultant before implementing.

Reducing the Risk

Program Description and Overview

The primary focus of *Reducing the Risk: Building Skills to Prevent Pregnancy, STD & HIV* is the development of attitudes and skills that will help teens prevent pregnancy and the transmission of STDs, including HIV. This approach addresses skills such as risk assessment, communication, decision-making, planning, refusal strategies and delay tactics. The activities motivate students to take steps to avoid high-risk behaviors.

Implementation Highlights

- All 16 classes should be taught.
- All classes should be taught in sequence.
- Classes should be taught 2–3 times per week.
- Classes should last at least 45 minutes.
- The ideal class size is between 10 and 30 youth.

Target Population

The curriculum is designed primarily for youth ages 13-18 years old in grades 8-12.

Program Setting

The curriculum is designed for an in-school or non-school setting.

Program Duration

- 16 45-minute lessons.
- These lessons should be taught in sequence.

Curriculum Materials

Curriculum materials are available from ETR Associates at www.etr.org/pub. For detailed information on this program, click the following link: [Reducing the Risk](#).

Adaptations

There are basic allowable adaptations; however you must have prior approval from your TPPI Program Consultant before implementing.

Safer Choices

Program Description and Overview

Safer Choices is a multi-component STD, HIV, and teen pregnancy prevention program for high school students. The program aims to reduce the frequency of unprotected sex among high school aged students by reducing the number of sexually active students and by increasing condom use among students who are sexually active. It seeks to motivate behavioral change by increasing students' knowledge about HIV and STDs as well as by promoting more positive norms and attitudes toward abstinence and condom use at the student, school, and community levels.

Implementation Highlights

- Five required components:
 - Component 1: School Organization
 - Component 2: Curriculum
 - Component 3: Peer Resources and School Environment
 - Component 4: Parent Education
 - Component 5: School-Community Linkages
- First-time teachers participate in a three-day training session. After their first year, teachers receive updated training. Peer leaders receive two to three hours of in-school training.

Target Population

Available information describes the target population as high school students.

Program Setting

The curriculum has 5 different components and each may be implemented in a variety of settings. See *Safer Choices* link under Curriculum Materials for specific details.

Program Duration

Two-year curriculum consists of 11 lessons in level 1, taught during 9th grade, and 10 lessons in level 2, taught during 10th grade.

Curriculum Materials

Program materials can be purchased online through [ETR Health Promotion](#). For detailed information on this program, click the following link: [Safer Choices](#).

Adaptations

There are basic allowable adaptations; however you must have prior approval from your TPPI Program Consultant before implementing.

Smart Girls

Program Description and Overview

Smart-Girl is a prevention and enrichment program designed to engage girls in activities that develop their social-emotional skills. Smart-Girl gives girls the chance to think about and discuss the challenges they encounter and to formulate and practice appropriate and productive responses. Through this process, Smart-Girl nurtures girls' social-emotional intelligence and critical thinking skills – qualities proven to lead to success in life. It focuses on enhancing self-esteem, sharpening decision making skills, setting goals for the future, and strengthening family connections.

Implementation Highlights

Each session focuses on a different topic:

- Communication
- Leadership
- Critical thinking
- Assertiveness & Refusal Skills
- Anti-bullying
- Healthy decision making
- Smart Media Usage

Each session meets once per week for 90 minutes.

Target Population

The curriculum is designed primarily for girls ages 11-15 years old.

Program Setting

In schools and in community based organizations.

Program Duration

A school semester

Curriculum Materials

For detailed information on this program and training opportunities, click the following link: [Smart Girls.](#)

Adaptations

There are basic allowable adaptations; however you must have prior approval from your TPPI Program Consultant before implementing.

Teen Outreach Program (TOP)

Program Description and Overview

The *Teen Outreach Program (TOP)* is grounded in a youth development framework. TOP is built on a belief system that youth should be valued and given opportunities to grow. The development of supportive relationships with adult facilitators is a crucial part of the model, as are relationships with other peers in the program. All youth in the program build a foundation of success from three essential goals:

1. Healthy Behaviors- positive, constructive actions that allow young people to be successful now and later in life
2. Life Skills- competencies necessary to grow into healthy, self-sustaining adults
3. Sense of Purpose- knowledge of their own worth as they contribute to their communities through meaningful service.

Implementation Highlights

- Club structure, at most, 25 youth per club (ages 12-17)
- Club meets at least once per week with TOP trained facilitator
- Program delivered over at least nine months
- Use at least one trained TOP facilitator per club that is consistent throughout the year (available to be trained for three days and has acquired the skills to deliver TOP with fidelity)
- Includes Community Service Learning component

Target Population

The curriculum is designed primarily for disadvantaged and high-risk males and females in grades 9-12. Middle school youth ages 12-14 may also be included.

Program Setting

The curriculum is designed for an in-school or non-school setting.

Program Duration Three primary program duration criteria must be met:

- 9 months of programming
- 25 sessions (minimum) of group meetings/curriculum
- 20 hours (minimum) of community service learning

Curriculum Materials

Curriculum materials are available from the Wyman Center at http://wymancenter.org/wyman_top.php. For detailed information on this program, click the following link: [Teen Outreach Program](#).

Adaptations

There are basic allowable adaptations; however you must have prior approval from your TPPI Program Consultant before implementing.

Teen Prevention Education Program (PEP)

Program Description and Overview

The Teen PEP curriculum is designed to enable high schools and community-based organizations to use a peer education approach to provide students with medically accurate sexual health information and equip them with the skills they need to make healthy decisions. The Teen PEP curriculum uses a hands-on, activity-based structure which provides students with opportunities for discussion and skill development. The Teen PEP course meets daily (or the equivalent) throughout the school year and is team-taught by program advisors who use the structured 16-unit [Teen PEP Course Curriculum](#). Peer educators earn credit toward their graduation requirements and conduct a series of structured outreach workshops with younger peers. In addition, peer educators conduct workshops with parents, school educators, and other groups in and outside of regular school hours.

Specific skills addressed throughout the Teen PEP curriculum include:

- Decision-Making
- Resisting Peer Pressure
- Communication with Peers
- Communication with Parents
- Communication with Partners
- Problem-Solving
- Negotiation and Refusal Skills
- Competence in Interpersonal Relationships
- Self-Management
- Active Listening
- Team Building

Implementation Highlights

Core Curriculum

Units – Peer Educators

- Building Our Foundation
- Understanding Gender
- Postponing Sexual Involvement
- Human Reproduction
- Pregnancy Prevention
- Preventing Sexually Transmitted Infections
- Family Night
- Understanding & Preventing HIV/AIDS
- Alcohol, Other Drugs, & Sexual Decision-Making
- Closure & Celebration

Workshops – Younger Peers

- Let's Wait Awhile: Postponing Sexual Involvement
- Later, Baby: Pregnancy Prevention
- Don't Pass it On: Preventing Sexually Transmitted Infections

- Talk to Me: Family Night
- Break the Silence: Understanding & Preventing HIV/AIDS
- Sex on the Rocks: Alcohol, Other Drugs, & Sexual Decision-Making

Supplemental Curriculum

Units – Peer Educators

- Understanding Sexual Harassment
- Homophobia Reduction
- Preventing Dating Violence
- Sexual Assault

Workshops – Younger Peers

- Unwelcome Advances: Understanding Sexual Harassment
- Bridges of Respect: Homophobia Reduction
- Break the Cycle: Preventing Dating Violence
- Power Play: Acquaintance Rape

Target Population

Carefully selected junior and/or senior students are enrolled in the Teen PEP course and provided with educational training that addresses a range of topics related to sexual health. The peer educators, in turn, conduct a series of structured workshops with groups of younger peers, faculty, and parents.

Program Setting

Teen PEP is implemented in high schools as a course for-credit that meets daily (or the equivalent) and in organizations as an after-school program.

Program Duration

A full school year.

Curriculum Materials

The Teen PEP curriculum is an essential component of the Teen PEP model and is not available for purchase as a stand-alone product. Sites that purchase the full package of training and consultation services provided by the Teen PEP team will also receive the Teen PEP curriculum.

Adaptations

There are basic allowable adaptations; however you must have prior approval from your TPPI Program Consultant before implementing.

Wise Guys Level I

Program Description and Overview

Wise Guys is an evaluated program that has been proven successful in helping young males make better, wiser decisions about sexuality. The *Wise Guys* program is committed to:

- Empowering young men with the knowledge they need to make effective decisions.
- Encouraging young men to respect themselves as well as others.
- Helping young men understand the importance of male responsibility, particularly sexual responsibility.
- Helping young men improve communication with parents, educators, peers, and others.

Implementation Highlights

The multi-session version of the **Wise Guys®** program is guided through the use of the **Wise Guys** curriculum, which meets over a period of time.

Wise Guys multi-session class topics include:

- Self Esteem
- Values
- Sexuality
- Goal Setting
- Decision Making
- Masculinity and Communication
- Dating Violence
- Healthy Relationships
- Sexually Transmitted Infections
- Parenthood

Target Population

English and Spanish speaking males between the ages of 11 and 17 years old.

Program Setting

The curriculum is designed for an after-school setting, school or community based.

Program Duration

Programming is typically 10 weeks. Any adaptation of this timeline, first needs to be approved by the developer for fidelity and then to the Program Consultant.

Curriculum Materials

Curriculum materials are available from the Family Life Education Services at 336-333-6890 x232. For detailed information on this program, click the following link: [Wise Guys](#).

Adaptations

There are basic allowable adaptations; however you must have prior approval from your TPPI Program Consultant before implementing.